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## Taiwan

# Sanitary/Phytosanitary/Food Safety

# **Nutrition Labeling Requirements**

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#### **Report Highlights:**

According to new "Taiwan Nutrition Labeling Requirements," a nutrition label is required if a nutritional claim is made on a packaged processed food.

#### **Executive Summary**

### Taiwan Nutrition Labeling Requirements

"Taiwan Nutrition Labeling Requirements" were announced in March 1999, and went into effect on July 1, 1999. A nutrition label printed in standard (i.e. traditional) Chinese is required if a nutritional claim is made on packaged processed food. A "nutrition claim" is defined as any direct, indirect or hinted expression of particular nutritional characteristics of a product. (Examples include vitamin A fortified; source of DHA; high calcium; low sodium; cholesterol free; or high fiber.) A description of ingredients is not considered to be a nutrition claim. (Examples: description of maltodextrin, corn oil, lecithin, calcium carbonate, vitamin A palmitate, vitamin B2, and vitamin D3 as ingredients.)

#### I. Nutrition Labeling

The following information shall be displayed on containers and/or packaging of the food products which have a nutrition claim:

- 1. "Nutrition Labeling" noted as the header
- 2. Caloric Value
- 3. Content values for protein, fat, sodium, and carbohydrates (including dietary fiber)
- 4. Content values for other nutrient(s) which are declared in the nutrition claim
- 5. Content values for other nutrient(s) which the manufacturer wishes to note voluntarily.

#### II. Content Base

Caloric and nutrient values may be expressed as a per 100 grams (g), 100 milligrams (mg) or serving basis. However, if it is based on one serving, the number of servings contained in a package must be displayed on the nutrition label.

#### **III. Standard Units**

Calorie value - K calorie (Kcal)
Protein, fat, carbohydrate - g
Sodium - mg
Other nutrients - g, mg, or microgram (mcg)

#### IV. Daily Value

Percentages of daily value (DV) for caloric value, protein, fat, carbohydrate and sodium, together with following standard DV value for each nutrition item, may be included in the label.

Daily Value: Calorie 2000 Kcal, Protein 60g, Fat 55g, Carbohydrate 320g, and Sodium 2400 mg.

#### V. Value Calculation

Caloric, protein, fat, and carbohydrate values, as well as the one serving measurement should be expressed as an integral number or to a maximum of one fractional decimal place. The value of other unspecified nutrients may not be greater than three significant figures (e.g. 999 or 99.9 is acceptable, but 9,999 or 999.9 is not acceptable.)

## VI. Format examples:

**(A)** 

| Nutrition Labeling                   |                      |
|--------------------------------------|----------------------|
| Serving Size<br>Servings Per Package | g (or ml)<br>serving |
| Calorie value                        | Kcal                 |
| Protein                              | g                    |
| Fat                                  | g                    |
| Carbohydrate                         | g                    |
| Sodium                               | mg                   |
| Content of nutrient(s) declared      |                      |
| Content of other nutrient(s)         |                      |

**(B)** 

| Nutrition Labeling              |      |  |  |
|---------------------------------|------|--|--|
| Per 100g (or per 100ml)         |      |  |  |
| Calorie value                   | Kcal |  |  |
| Protein                         | g    |  |  |
| Fat                             | g    |  |  |
| Carbohydrate                    | g    |  |  |
| Sodium                          | mg   |  |  |
| Content of nutrient(s) declared |      |  |  |
| Content of other nutrient(s)    |      |  |  |

**(C)** 

| Nutrition Labeling                   |                      |                         |  |  |
|--------------------------------------|----------------------|-------------------------|--|--|
| Serving Size<br>Servings Per Package | g (or ml)<br>serving |                         |  |  |
|                                      | Per serving          | Per 100g (or per 100ml) |  |  |
| Calorie value                        | Kcal                 | Kcal                    |  |  |
| Protein                              | g                    | g                       |  |  |
| Fat                                  | g                    | g                       |  |  |
| Carbohydrate                         | g                    | g                       |  |  |
| Sodium                               | mg                   | mg                      |  |  |
| Content of nutrient(s) declared      |                      |                         |  |  |
| Content of other nutrient(s)         |                      |                         |  |  |

**(D)** 

| Nutrition Labeling  |                       |               |  |  |
|---|-----------------------|---------------|--|--|
| Serving Size<br>Servings Per Package                            | g (or ml)<br>servings | % Daily value |  |  |
| Calorie value   | Kcal                  | %             |  |  |
| Protein   | g                     | %             |  |  |
| Fat   | g                     | %             |  |  |
| Carbohydrate  | g                     | %             |  |  |
| Sodium  | mg                    | %             |  |  |
| Content of nutrient(s) declared<br>Content of other nutrient(s) |                       |               |  |  |

Daily Value: Calorie 2000 Kcal, Protein 60g, Fat 55g, Carbohydrate 320g, and Sodium 2400 mg.

**(E)** 

| Nutrition Labeling                       |      |   |  |  |
|--|------|---|--|--|
| Per 100g<br>(or per 100ml) % Daily Value |      |   |  |  |
| Calorie value                            | Kcal | % |  |  |
| Protein                                  | g    | % |  |  |
| Fat                                      | g    | % |  |  |
| Carbohydrate                             | g    | % |  |  |
| Sodium                                   | mg   | % |  |  |
| Content of nutrient(s) declared          | d    |   |  |  |
| Content of other nutrient(s)             |      |   |  |  |

Daily Value: Calorie 2000 Kcal, Protein 60g, Fat 55g, Carbohydrate 320g, and Sodium 2400 mg.

**(F)** 

| Nutrition Labeling                   |                       |                            |               |  |
|--------------------------------------|-----------------------|----------------------------|---------------|--|
| Serving Size<br>Servings Per Package | g (or ml)<br>servings |                            |               |  |
|                                      | Per serving           | Per 100g<br>(or per 100ml) | % Daily value |  |
| Calorie value                        | Kcal                  | Kcal                       | %             |  |
| Protein                              | g                     | g                          | %             |  |
| Fat                                  | g                     | g                          | %             |  |
| Carbohydrate                         | g                     | g                          | %             |  |
| Sodium                               | mg                    | mg                         | %             |  |
| Content of nutrient(s) declare       | ed                    |                            |               |  |

Daily Value: Calorie 2000 Kcal, Protein 60g, Fat 55g, Carbohydrate 320g, and Sodium 2400mg